

What's for dinner?



The Meal Planning Project

A real world multiplication
project for grades 3-5

Created by Jessi Olmsted 2013

Thank you for download The Meal Planning Project! Your students are sure to love it!

I created this project so my students could practice their multiplication facts in a more meaningful way. Needless to say, they LOVED this project! 😊

I ran these pages front to back and stapled them like a book using settings on our copy machine. The kids did NOT like the menu being attached the planner, so they tore it off. I did make them staple it back to the front so they still had a cover when they were done.

I blew up the Monday's breakfast on the poster maker and we did that day together with three people. I left it up in the classroom so they could reference it throughout the project. I had the students check in with me after each "day" they completed so I could check their work. They were allowed to check their adding with calculators. This project took my class three days, including an introduction day.

Please let me know if you have any questions! 😊

Thanks again!

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Font and Frame: Lovin Lit, <http://imlovinlit.blogspot.com>

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A decorative black scroll border with four ornate corner swirls framing the central text.

The Meal Planning Project

Name: _____

The Meal Planning Project

You are going to be Meal Planning for your family this week. You will get to decide what your family will eat for breakfast, lunch, dinner, and snack. You have NO budget for this project, but your multiplication MUST be accurate and precise. WHY are we doing this project? To help us become familiar with our multiplication facts using a real life scenario.

Your meals must have a fruit, grain, vegetable, protein, and dairy or soy for each meal.

You must choose items from the over priced menu below:

All items on the menu are one serving for one person.

Breakfast	Lunch	Dinner	Snack
<u>Protein</u> Bacon- \$5 Sausage - \$3 Ham- \$7 Turkey- \$4 Protein Smoothie - \$9 Eggs- \$2	<u>Protein</u> Chicken - \$9 Ham - \$8 Turkey - \$6 Hot Dogs - \$7 Hamburger - \$5 Chicken Nuggets \$4	<u>Protein</u> Chicken - \$7 Ham - \$8 Turkey - \$6 Hot Dogs - \$7 Hamburger - \$5 Steak- \$9	<u>Protein</u> Almonds - \$9 Peanuts - \$7 Cashews - \$8 Peanut Butter - \$6 Protein Shake - \$9
<u>Vegetable</u> Potatoes - \$5 Hash Browns \$6	<u>Vegetable</u> Corn - \$2 Carrots - \$3 Green Beans - \$4 Potatoes - \$6 Mixed Veggies - \$5 Broccoli - \$5	<u>Vegetable</u> Corn - \$2 Carrots - \$3 Green Beans - \$4 Potatoes - \$6 Mixed Veggies - \$5 Broccoli - \$5	<u>Vegetable</u> Carrots - \$3 Broccoli - \$5 Cauliflower - \$4 Celery - \$3
<u>Grain</u> Cereal - \$6 Waffles- \$7 Pancakes - \$8 French Toast - \$9 Toast - \$2 Bread - \$3	<u>Grain</u> Mac and Cheese - \$7 Rice - \$5 Noodles - \$5 Bread - \$3 Buns - \$2 Corn Bread - \$4	<u>Grain</u> Mac and Cheese - \$7 Rice - \$5 Noodles - \$5 Bread - \$3 Buns - \$2 Corn Bread - \$4	<u>Grain</u> Granola Bar - \$4 Cereal Bar - \$5 Bread - \$3 Toast - \$2 Muffin - \$7
<u>Dairy or Soy</u> Milk (or soy milk) - \$6 Cheese - \$2	<u>Dairy or Soy</u> Milk (or soy milk) - \$6 Cheese - \$2	<u>Dairy or Soy</u> Milk (or soy milk) - \$6 Cheese - \$2	<u>Dairy or Soy</u> Milk (or soy milk) - \$6 Cheese - \$2
<u>Fruit</u> Fruit Smoothie - \$8 Juice - \$7 Banana - \$4 Apple - \$5 Grapes - \$7 Cherries - \$9	<u>Fruit</u> Fruit Smoothie - \$8 Juice - \$7 Banana - \$4 Apple - \$5 Grapes - \$7 Cherries - \$9	<u>Fruit</u> Fruit Smoothie - \$8 Juice - \$7 Banana - \$4 Apple - \$5 Grapes - \$7 Cherries - \$9	<u>Fruit</u> Fruit Smoothie - \$8 Juice - \$7 Banana - \$4 Apple - \$5 Grapes - \$7 Cherries - \$9

Meal One – Monday Breakfast

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Breakfast:				

Meal One – Monday Lunch

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Lunch:				

Meal One – Monday Dinner				
Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Dinner:				

Snack 1 – Monday				
Snack	Price	x Family Members	= Total	

Total for all Monday's Meals:	
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Today you are only feeding the people who live in your house.

Meal 2 – Tuesday Breakfast

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Breakfast:				

Meal 2 – Tuesday Lunch

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Lunch:				

Meal 2 – Tuesday Dinner

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Dinner:				

Snack 2 – Tuesday

Snack	Price	x Family Members	= Total	

Total for all Tuesday's Meals:	
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Today you are adding ONE person to your meal plan.

Meal 3 – Wednesday Breakfast

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Breakfast:				

Meal 3 – Wednesday Lunch

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Lunch:				

Meal 3 – Wednesday Dinner

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Dinner:				

Snack 3 – Wednesday

Snack	Price	x Family Members	= Total	

Total for all Wednesday's Meals:	
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Today you are adding TWO people to your meal plan.

Meal 4 – Thursday Breakfast

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Breakfast:				

Meal 4 – Thursday Lunch

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Lunch:				

Meal 4 – Thursday Dinner				
Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Dinner:				

Snack 4 – Thursday				
Snack	Price	x Family Members	= Total	

Total for all Thursday's Meals:	
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Today you are SUBTRACTING ONE person from your meal plan. (subtract from original family members)

Meal 5 – Friday Breakfast

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Breakfast:				

Meal 5 – Friday Lunch

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Lunch:				

Meal 5 – Friday Dinner

Protein	Price	x Family Members	= Total	
Vegetables	Price	x Family Members	= Total	
Grain	Price	x Family Members	= Total	
Dairy	Price	x Family Members	= Total	
Fruit	Price	x Family Members	= Total	
Final Cost for Dinner:				

Snack 5 – Friday

Snack	Price	x Family Members	= Total	

Total for all Friday's Meals:

Today you are SUBTRACTING TWO people from your meal plan. (subtract from original family members)